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JULY 2018



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Baseball games, barbecues, the beach (with of course some golf thrown in for good measure!)—summer's in full swing. People are out and about, friends and neighbors have more time to spend with each other, and it seems like there's somewhere to go just about every day. But it's a good kind of busy. With all the things we're doing and places we're going, it's easy to let our busy schedules come before our health. At one point or another, nearly everyone's guilty, my friend's husband included.

Nate lived with type 2 diabetes. For the most part, he managed it relatively well, though not perfectly by any means. He visited his doctor periodically, and at his most recent visit in May, mentioned he also felt like he might have acid reflux. Turns out it was blockage around his heart. He dutifully made an appointment with a cardiologist for the following week. And then his schedule got in the way. He put off his appointment in order to go on a business trip. He came back from the trip Friday, was cutting the grass Saturday, and yes, had a heart attack. He was 63, and left behind his wife and their three children, ages 15, 13 and 11. My takeaway? Nobody knows your body like you do. If something doesn't feel right, get it checked out. And then take action - quickly.

If you're short on time but want to keep your heart strong, check out the next page to learn more about HIIT—High Intensity Interval Training. High Intensity means “high” for you. At the gym, I get on an elliptical trainer and go SUPER hard 20 seconds, rest 10, hard 20, etc. I'm working my way up to 8 rounds, or 4 minutes. Even though I can't go that long yet, I'm noticing results! There are myriad ways to try HIIT: run/walk; cycling; stationary exercises. Figure out what you like best, and then go for it!

After all that exertion, you deserve some relaxation. Looking for inspiration for your summer reading? Look no further than page 11. Hemant Mohapatra shares his “planet-scale meta-intelligence” book list. With books that cover everything from the principles of how the world works, to personal development, to inspirational selections to feed your soul, make it through the list and you'll “understand everything in the universe.” I can't wait to get started!

Happy July!

Karyn and Heidi

High Intensity Workouts: Good at Any Age

By Gretchen Reynolds

Abbreviated, intense workouts may help people of any age become healthier, a new study of old mice suggests. Although the experiment involved rodents, not humans, the study found that old mice can tolerate high-intensity interval training and rapidly gain fitness and strength, even if they start off frail and exercise for only a few minutes a week.

In recent years, high-intensity interval training (HIIT) has generated considerable attention. HIIT workouts combine repeated, brief bursts of very intense exercise interspersed with longer periods of easy recovery.

The primary allure of HIIT is, for most of us, its brevity. A typical high-intensity workout lasts less than 15 minutes, including a warm-up and cool-down, but has been shown

in multiple studies to provide health and fitness benefits that are the same as or greater than an hour or more of continuous and relatively moderate exercise.

Much of the research into short, intense exercise, however, has centered on its benefits for healthy adults, usually those below the age of 50. One famous and still ongoing study in Japan recruited adults past age 55 and found that interval walking—in which volunteers stride briskly for three minutes and then slowly for another three—enabled the older men and women to improve their endurance and blood pressures to a greater extent than walking moderately for the same amount of time.

But that study focused on relatively gentle interval training by a group of relatively healthy older volunteers, leaving many questions still unanswered about whether older,

more-frail bodies can successfully complete and respond to typical interval training workouts.

So for the new study, researchers at the University at Buffalo decided to coax frail, elderly mice through a program of high-intensity interval running. They began by gathering mice that were the rodent equivalent of about age 65 in people. Until that point, these mice had all been sedentary, and some were also frail. The scientists tested the animals' current health and fitness and then divided them into two groups. The control group continued with their normal, sedentary lives.

The others began a program of high-intensity interval training on little treadmills. Mice, even elderly ones, generally like to run but, if allowed to set their own pace, will usually stroll along at a moderate, jogging-style speed. The scientists wanted their exercising animals to strain more than that so they ramped up the incline and speed of the treadmills.

Ultimately, the animals would sprint uphill for one minute followed by a minute of walking, with that interval repeated four times. Sessions continued three times a week for four months, which would approximate about eight years in our lives, says Dr. Bruce Troen, professor of medicine and head of the division of geriatrics at the University at Buffalo, who, with others, conducted the study.

By the end of the study, the mice were the rodent equivalent of septuagenarians. Those that had remained sedentary displayed the expected physical hallmarks of being that age: they had less muscle mass, strength and endurance than four months before and moved more infrequently and slowly.

But the interval-trained mice seemed



in many ways younger than they had been at the start. In particular, they were stronger; when pulled backward gently by researchers, they would cling to a bar longer than at the start of the study. They also had greater endurance capacity, as well as more muscle mass in their hind legs than the sedentary animals, and they scampered faster. Few now were frail.

Perhaps most important, “the animals had tolerated the high-intensity interval training well,” despite their advanced ages, Dr. Troen says. None had found the effort impossible.

Of course, mice are not people and their capabilities do not necessarily mimic ours. Anyone, whatever his or her age, who might wish to try HIIT should talk with a doctor first, and perhaps look for supervised interval training programs at local gyms or YMCAs. This study also did not compare interval training to other types of exercise and so cannot tease out whether interval training leads to better health outcomes among older people than, for instance, long walks. But intervals do have that signature advantage, Dr. Troen says: “You get done so quickly.”

Source: NYTimes



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Fit for Life FLEXIBILITY

The past few months we've talked about how to get the most out of your physical activities. We talked about how to get started, we learned about the four types of exercise—endurance, strength, balance, and flexibility—and we learned some great balance exercises. This month we'll talk about flexibility.

By increasing your flexibility, mainly via stretching exercises, you'll notice an increase in your freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching objects on a shelf. Stretching exercises can improve your flexibility but will not improve your endurance or strength.

Do each stretching exercise 3 to 5 times at each session. Slowly stretch into the desired position, as far as possible without pain, and hold the stretch for 10 to 30 seconds. Relax, breathe, then repeat, trying to stretch farther. You can progress in your stretching exercises. For example, as you become more flexible, try reaching farther, but not so far that it hurts.

Safety tips:

- Talk with your doctor if you are unsure about a particular exercise. For example, if you've had hip or back surgery, talk with your doctor before doing lower body exercises.
- Always warm up before stretching exercises and stretch after endurance or strength exercises. If you are doing only stretching exercises, warm up with a few minutes of easy walking first. Stretching your muscles before they are warmed up may result in injury.
- Always remember to breathe normally while holding a stretch.
- Stretching may feel slightly uncomfortable; for example, a mild pulling feeling is normal.
- You are stretching too far if you feel sharp or stabbing pain, or joint pain while doing the stretch or even the next day. Reduce the stretch so that it doesn't hurt.
- Never "bounce" into a stretch. Make slow, steady movements instead. Jerking into position can cause muscles to tighten, possibly causing injury.
- Avoid "locking" your joints. Straighten your arms and legs when you stretch them, but don't hold them tightly in a straight position. Your joints should always be slightly bent while stretching.

Neck Stretch

1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a com-

fortable position.

4. Hold for 10 to 30 seconds.
5. Turn your head to the left and hold the position for 10 to 30 seconds.
6. Repeat at least 3 to 5 times.

Shoulder Stretch

1. Stand back against a wall, feet shoulder-width apart and arms at shoulder height.
2. Bend your elbows so your fingertips point toward the ceiling and touch the wall behind you. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel sharp pain.
3. Hold position for 10 to 30 seconds.
4. Let your arms slowly roll forward, remaining bent at the elbows, to point toward the floor and touch the wall again, if possible. Stop when you feel a stretch or slight discomfort.
5. Hold for 10 to 30 seconds.
6. Alternate pointing above head, then toward hips.
7. Repeat at least 3 to 5 times.



Shoulder and Upper Arm Raise

1. Stand with feet shoulder-width apart.
2. Hold one end of a towel in your right hand.
3. Raise and bend your right arm to drape the towel down your back. Keep your right arm in this position and continue holding on to the towel.
4. Reach behind your lower back and grasp the towel with your left hand.
5. To stretch your right shoulder, pull the towel down with your left hand. Stop when you feel a stretch or slight discomfort in your right shoulder.
6. Repeat at least 3 to 5 times.
7. Reverse positions, and repeat at least 3 to 5 times.

Upper Body Stretch

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head.

Excerpted from www.NIHSeniorHealth.com



4. Hold your arms overhead for about 10 to 30 seconds.
5. Slowly walk your hands back down.
6. Repeat at least 3 to 5 times.

Chest Stretch

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold for 10 to 30 seconds.
6. Repeat at least 3 to 5 times.



Back Stretch

1. Sit up toward the front of a sturdy chair with armrests. Stay as straight as possible. Keep your feet flat on the floor, shoulder-width apart.
2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh. Twist farther, if possible.
3. Hold for 10 to 30 seconds.
4. Slowly return to face forward.
5. Repeat on the right side.
6. Repeat at least 3 to 5 more times.

Ankle Stretch

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold for 10 to 30 seconds.
5. Bend ankles to point toes away from you and hold for 10 to 30 seconds.
6. Repeat at least 3 to 5 times.

The following stretching exercises are done on the floor.

Back of Leg Stretch

1. Lie on your back with left knee bent and left foot flat on the floor.
2. Raise right leg, keeping knee slightly bent.
3. Reach up and grasp right leg with both hands. Keep head and shoulders flat on the floor.
4. Gently pull right leg toward your body until you feel a stretch in the back of your leg.
5. Hold for 10 to 30 seconds.
6. Repeat at least 3 to 5 times.
7. Repeat at least 3 to 5 times with left leg.

Thigh Stretch

1. Lie on your side with legs straight and knees together.
2. Rest your head on your arm.
3. Bend top knee and reach back and grab the top

of your foot. If you can't reach your foot, loop a resistance band, belt, or towel over your foot and hold both ends.

4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold for 10 to 30 seconds.
6. Repeat at least 3 to 5 times.
7. Repeat at least 3 to 5 times with your other leg.



Hip Stretch

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both shoulders on the floor throughout the stretch.
2. Slowly lower one knee as far as you comfortably can. Keep your feet close together and try not to move the other leg.
3. Hold for 10 to 30 seconds.
4. Bring knee back up slowly.
5. Repeat at least 3 to 5 times.

6. Repeat at least 3 to 5 times with your other leg.

Lower Back Stretch

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold for 10 to 30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3 to 5 times on each side.

Calf Stretch

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Step forward with right leg and bend right knee. Keeping both feet flat on the floor, bend left knee slightly until you feel a stretch in your left calf muscle. It shouldn't feel uncomfortable. If you don't feel a stretch, bend your right knee until you do.
4. Hold for 10 to 30 seconds, and then return to starting position.
5. Repeat with left leg.
6. Continue alternating legs for at least 3 to 5 times on each leg.



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When Diabetes Symptoms Are a Concern

Early symptoms of diabetes, especially type 2 diabetes, can be subtle or seemingly harmless—that is, if you even have symptoms at all. Over time, however, you may develop diabetes complications, even if you haven't had diabetes symptoms.

In the United States alone, more than 8 million people have undiagnosed diabetes, according to the American Diabetes Association. But you don't need to become a statistic. Understanding possible diabetes symptoms can lead to early diagnosis and treatment, and a lifetime of better health. If you're experiencing any of the following diabetes signs and symptoms, see your doctor.

Excessive thirst and increased urination. Excessive thirst (also called polydipsia) and increased urination (also known as polyuria) are classic diabetes symptoms. When you have diabetes, excess sugar (glucose) builds up in your blood. Your kidneys are forced to work overtime to filter and absorb the excess sugar. If your kidneys can't keep up, the excess sugar is excreted into your urine, dragging along fluids from your tissues. This triggers more frequent urination, which may leave you dehydrated. As you drink more fluids to quench your thirst, you'll urinate even more.

Fatigue. Many factors can contribute to this. They include dehydration from increased urination, and your body's inability to function properly, since it's less able to use sugar for energy needs.

Weight loss. When you lose sugar through frequent urination, you also lose calories. At the same time, diabetes may keep the sugar from your food from reaching your cells, leading to constant hunger. The combined effect is potentially rapid weight loss, especially if you have type 1 diabetes.

Blurred vision. High levels of blood sugar pull fluid from your tissues,

including the lenses of your eyes. This affects your ability to focus. Left untreated, diabetes can cause new blood vessels to form in your retina, the back part of your eye, and damage established vessels. For most people, these early changes do not cause vision problems. However, if these changes progress undetected, they can lead to vision loss and blindness.

Slow-healing sores or frequent infections. Doctors and people with diabetes have observed that infections seem more common if you have diabetes. Research in this area, however, has not proven whether this is entirely true, nor why. It may be that high levels of blood sugar impair your body's natural healing process and your ability to fight infections. For women, bladder and vaginal infections are especially common.

Tingling hands and feet. Excess sugar in your blood can lead to nerve damage. You may notice tingling and loss of sensation in your hands and feet, as well as burning pain in your arms, hands, legs and feet.

Red, swollen, tender gums. Diabetes may weaken your ability to fight germs, which increases the risk of infection in your gums and in the bones that hold your teeth in place. Your gums may pull away from your teeth, your teeth may become loose, or you may develop sores or pockets of pus in your gums, especially if you have a gum infection before diabetes develops.

Take your body's hints seriously

If you notice any possible diabetes signs or symptoms, contact your doctor. The earlier the condition is diagnosed, the sooner treatment can begin. Diabetes is a serious condition. But with your active participation and the support of your health care team, you can manage diabetes while enjoying an active, healthy life.

Source: www.mayoclinic.org

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5 Facts You Might Not Know About Social Security

By Davida Smith-Reed,
Social Security District Manager
in Dover and Wilmington, DE

What kind of questions do you and your friends ask about Social Security? When do my benefits arrive? What are Social Security work credits, and do they have anything to do with the way my benefits are figured? Will I be automatically enrolled in Medicare? Read on to find the answers.

1 Social Security benefits are paid in the month following the month for which they are due. When you meet all the requirements for eligibility, the benefit check you receive is payment for the prior month's benefits. For information on the payment of benefits, read *What You Need to Know When You Get Retirement or Survivors Benefits* at

www.socialsecurity.gov/pubs/EN-05-10077.pdf. Find out when checks will be paid at www.socialsecurity.gov/pubs/calendar.htm.

2 We don't pay benefits for the month of death. Social Security uses the same throughout-the-month rule to determine eligibility for the benefit that is due for the month of death. You must live through the full month to be eligible for the payment.

3 Survivors benefits can replace a percentage of the worker's earnings for family members. Your survivors receive a percentage of your basic Social Security benefit—usually in a range from 75 to 100 percent each. However, there is a limit to the amount of money that can be paid each month to a family. The limit varies, but is generally equal to about 150 to 180 percent of your benefit rate. For more information,

read *Understanding the Benefits* at www.socialsecurity.gov/pubs/EN-05-10024.pdf.

4 Work credits determine eligibility for benefits, but your lifetime earnings are used to calculate your monthly benefit amount. Retired workers need 40 work credits to be eligible for benefits, but your work credits alone do not determine how much you will receive each month. When we figure your retirement benefit, we use the average of your highest 35 years of earnings. See *Your Retirement Benefit: How It Is Figured* at www.socialsecurity.gov/pubs/EN-05-10070.pdf.

5 If you receive retirement benefits before you reach age 65, you will be automatically enrolled in Medicare. Medicare Part A (hospital insurance) helps pay for inpatient care in a hospital or skilled nursing facility following

a hospital stay. It also pays for some home health care and hospice care. Medicare Part B (medical insurance) helps pay for services from doctors and other health care providers, outpatient care, home health care, durable medical equipment, and some preventative services. When you're already receiving retirement benefits, we automatically sign you up for Medicare Parts A and B when you turn age 65. You can then decline Part B if you choose, since it requires a monthly premium. If you are not receiving retirement benefits as you approach age 65, you should contact Social Security three months before age 65 to sign up for Medicare Part A and B. If you don't want to retire or claim Social Security benefits at 65, you should sign up for Medicare only. For more details, check out our Medicare page at www.socialsecurity.gov/medicare.

Facts You Should Know About Enrolling In Medicare Parts A & B

Medicare is a benefit most working Americans can count on. Here are some facts you might not know.

Can I still get Medicare at 65? Yes, you're still eligible for Medicare starting at 65, no matter what year you were born.



[gov/pubs/](http://www.socialsecurity.gov/pubs/), and visit [Medicare.gov](http://www.Medicare.gov) for more information.

If you or your spouse worked and paid Medicare taxes for at least 10 years, you're eligible for Part A (hospital insurance) at age 65 for free. You're also eligible for Part B (medical insurance) if you choose to get it and pay a monthly premium. If you are receiving Social Security benefits already, you will be automatically enrolled in Medicare Parts A and B at age 65. Because you must pay a premium for Part B, you can choose to turn it down. However, if you don't enroll in Part B when you're first eligible for it, and choose to enroll later, you may have to pay a late enrollment penalty for as long as you have Part B coverage.

If you're not receiving Social Security benefits, you have a seven-month period (your Initial Enrollment Period) to sign up for Part B. Generally, your initial enrollment period begins three months before your 65th birthday, includes the month you turn age 65, and ends three months after your birth month.

If you are covered under an employer group health plan, you may have a special enrollment period for Part B. If you are 65 or older and covered under a group health plan, either from your own or your spouse's current employment, you may have a special enrollment period during which you can sign up for Medicare Part B. This means that you may delay enrolling in Part B without having to wait for a general enrollment period and without paying the lifetime penalty for late enrollment. Additional rules and limits apply, so if you think a special enrollment period may apply to you, read *Medicare* at www.socialsecurity.gov.

To avoid a tax penalty, you should stop contributing to your Health Savings Account (HSA) at least six months before you apply for Medicare. If you have an HSA when you sign up for Medicare, you can't contribute to your HSA after your Medicare coverage begins or you may have to pay a tax penalty. Your premium-free Part A coverage will start 6 months back from the date you apply for Medicare, but no earlier than the first month you were eligible for Medicare. To avoid an unwanted tax penalty, you should stop contributing to your HSA six months before you apply for Medicare. You can withdraw money from your HSA after you enroll in Medicare to help pay for medical expenses like deductibles, premiums, coinsurance, or copayments. If you'd like to continue contributing to your HSA, you shouldn't apply for Medicare or Social Security benefits.

How Much Does Part B Coverage Cost? You are responsible for the Part B premium each month. Most people will pay the standard premium amount, which is \$134 in 2018 if you sign up for Part B when you're first eligible. This amount can change every year.

Learn more about Social Security and Medicare at www.socialsecurity.gov/benefits/medicare.

Decorating Life

Just as we consciously create an environment within our homes, we can consciously choose to decorate life itself with our particular energy.



By Madisyn Taylor

There are few things more thrilling than having a new house or an empty room to decorate. Our imaginations soar as we consider the many possibilities. In the same way, our lives offer us the opportunity to express ourselves within various contexts, to ask ourselves questions about what we want to see as we move through our days and how we want things to flow. Some people do this instinctively, moving through the various environments they inhabit and shifting the energy with their presence. These people have a knack for decorating life. This can be as simple as the way they dress, the way they speak, or the fact that they always bring a bouquet of wildflowers when they come for a visit.

As we move through the world, we make a statement, whether we intend to or not. We shift the energy one way when we enter a room dressed elegantly and simply, and another when we show up in bright, cheerful colors and a floppy hat. One is not better than the other. It is simply a question of the mood we wish to create. What we wear is just one choice we can focus on. The way we speak to people, or touch them, shifts the energy more profoundly than almost anything else. The words we speak and the tone in which we say them are the music we choose to play in the world that is our home. Are we happy and hopeful, or sarcastic and mocking? Some of us fill the space with passionate arias, others with healing hymns. Again, one is not better than the other. We are all called to contribute.

Just as we consciously create an environment within our homes, we can consciously choose to decorate life itself with our particular energy. Ideally, in doing so, we express our deeper selves, so that the adornments we add to the world make it more meaningful, more beautiful, and as welcoming as a beloved home.

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PHOTOS GLENNA PARTRIDGE GARDEN DESIGN

Create an Artful Container Garden

By Christine Tusher, houzz.com

Whether you're greening up your patio or creating interest in a flower bed, using planted containers is an easy way to add texture and depth to your outdoor space. But creating a beautiful container garden isn't as simple as plopping a few plants into a pot. Here are nine tips for creating a truly artful container garden.

1 Keep pots simple. Try to limit colors/glazes to one or two for each garden area.

2 Set a tone. Think about your garden's style. Is it traditional? Modern? Asian? Choose containers that reflect that theme.

3 Think of pottery as sculpture. Pottery comes in a wide array of shapes, sizes, glazes and colors, and can be employed to add an artistic element to your garden. Consider your garden setting, and don't forget your hardscaping. For instance, you might want to use a chartreuse glaze in a shaded garden with monochromatic greens, or a copper red in a warm and sunny garden. Some pots can even be left empty as sculptural elements. In this case, look for pots that are smaller at the top/opening than the middle—otherwise, they'll just look unplanted.

4 Build your color scheme around one specific plant. Glenna Partridge of Glenna Partridge Garden Design suggests

starting with a plant you love when choosing plantings. "I specifically use the foliage or flower color as my jumping-off point," she says.

5 Play with plant groupings. Decide whether you'd rather use single plantings or create a grouping of plants in each pot. There's no right or wrong; it's simply a matter of personal preference.

If you do choose to use multiple plants in one container, Partridge advises to pack them in. "As long as you have a good-sized container—22 to 36 inches—and fertilize weekly, they will be happy," she says.

And while you should definitely consider the three components of a container plant grouping (thriller, filler and spiller), you also shouldn't be afraid to veer from an exact formula. "You might just have one large plant in the container with trailing spiller plants," says Partridge.

6 Add impact with color. Decide whether you'd like to take a minimalist, monochromatic approach or incorporate color. "If you want high-impact color, use opposites on the color wheel, such as blue with orange," advises Partridge.

7 Use foliage to add texture. Whether you're creating a grouping of single-plant containers or planting multiple species in one pot, mixing foliage types will help add interest through texture. Partridge suggests mingling plants with broad leaves and finer-leaved

plants for contrast.

8 Experiment with height and scale. "I think if more gardeners planted with scale in mind, they would have better results," says Partridge. Using a few large containers will create more impact than a grouping of tiny ones, particularly in medium-size and large spaces.

9 Place pots in existing beds. This is a great way to use pots as a sculptural element, but choosing which plants to place inside each vessel can be tricky. In general, think about performance over time. There are some plants that just do well in pots, such as those with lower water needs and those suited specifically to your climate.

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The Definitive List of 50 Books to Understand Everything in the Universe

By Hemant Mohapatra

Recently I conducted an informal poll, asking about books that can form the building blocks to our understanding of just about everything there is to know in this universe. Essentially, I wanted to understand why are we the way we are, and why have our social, political and biological systems evolved into what they are today.

I whittled down to the top 50 recommendations, and while they don't teach quantum mechanics or calculus, they will help understand why those tools were needed, when, and the part they played in getting us where we are today.

Now, how to organize? I was inspired by the idea of the Vitruvian Man by Leonardo Da Vinci, who believed "the workings of the human body to be an analogy for the workings of the universe." So I divided the selection into five categories:

Core: Similar to working out, this part is the most important. Everything builds from here. These books cover the principles of how this world works at an elemental level. A weak core makes the rest of the knowledge unapproachable.

Mind: This covers how to become a better strategist, develop foresight, patience, and smarter intellectual habits. Together with the core, these two form the basics of further development.

Torso: A strong upper body is most visible and appeals to the ego. These books therefore cater to matters of charisma, influence, and power.

Legs: Strength and mobility! Without this, your reach in the world is always going to be limited. This section covers operational experience, stories of building empires, of failures, and discipline.

Soul: Finally, it's tough to stay the course without an inspiring story or personal passion that drives you to hit the gym. This section focuses on feeding the soul with stories of struggles and wins against exceptional odds, of

growth through deeply meaningful failures, and of redemption.

Core

1. *Sapiens: A Brief History of Humankind* by Yuval Noah Harari
2. *The Ascent of Money: A Financial History of the World* by Niall Ferguson
3. *Meditations*. One of the world's most famous and influential books, by the Roman emperor Marcus Aurelius
4. *A Short History of Nearly Everything* by Bill Bryson
5. *Toxic Inequality: How America's Wealth Gap Destroys Mobility, Deepens the Racial Divide, and Threatens Our Future* by Thomas M. Shapiro
6. *The Commanding Heights: The Battle Between Government and the Marketplace That Is Remaking the Modern World* by Daniel Yergin and Joseph Stanislaw
7. *Why Nations Fail: The Origins of Power, Prosperity, and Poverty* by Daron Acemoglu and James Robinson
8. *The Selfish Gene* by Richard Dawkins
9. *The Wealth of Nations Book 5: An Inquiry into the Nature and Causes of the Wealth of Nations*. Adam Smith's masterpiece, first published in 1776, is the foundation of modern economic thought.
10. *The Silk Roads: A New History of the World* by Peter Frankopan
11. *Homo Deus: A Brief History of Tomorrow* by Yuval Noah Harari
12. *Guns, Germs, and Steel: The Fates of Human Societies* by Jared Diamond
13. *The Arabs: A History* by Eugene Rogan
14. *Principles: Life and Work* by Ray Dalio
15. *Poor Charlie's Almanack: The Wit and Wisdom of Charles T. Munger* edited by Peter D. Kaufman
16. *This Brave New World: India, China, and the United States* by Anja Manuel
17. *Energy and Civilization: A History* by Vaclav Smil. How energy has shaped society throughout history.
18. *The Origins of Political Order: From Prehuman Times to the French Revolution* by Francis Fukuyama

19. *Political Order and Political Decay: From the Industrial Revolution to the Globalization of Democracy* by Francis Fukuyama
20. *Biocentrism: How Life and Consciousness are the Keys to Understanding the True Nature of the Universe* by Robert Lanza and Bob Berman

Legs

21. *Barking Up the Wrong Tree: The Surprising Science Behind Why Everything You Know About Success Is (Mostly) Wrong* by Eric Barker
22. *What To Do When Machines Do Everything: How to Get Ahead in a World of AI, Algorithms, Bots, and Big Data* by Malcolm Frank, Ben Pring and Paul Roehrig
23. *Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Accelerations* by Thomas L. Friedman
24. *Crossing the Chasm: Marketing and Selling High-Tech Products to Mainstream Customers* by Geoffrey A. Moore
25. *The Innovator's Dilemma: When New Technologies Cause Great Firms to Fail (Management of Innovation and Change)* by Clayton Christensen

Mind

26. *Spent: Sex, Evolution, and Consumer Behavior* by Geoffrey Miller. A leading evolutionary psychologist probes the unconscious instincts behind American consumer culture.
27. *Antifragile: Things That Gain from Disorder* by Nassim Nicholas Taleb
28. *The Black Swan: The Impact of the Highly Improbable* by Nassim Nicholas Taleb
29. *Only the Paranoid Survive: How to Exploit the Crisis Points That Challenge Every Company* by Andrew S. Grove
30. *The Tipping Point: How Little Things Can Make a Big Difference* by Malcolm Gladwell
31. *Thinking, Fast and Slow* by Daniel Kahneman
32. *Letters from a Stoic (The Epistles of Seneca)*
33. *Factfulness: Ten Reasons We're Wrong About the World—and Why*

- Things Are Better Than You Think* by Hans Rosling
34. *The Arthashastra* by Kautilya
 35. *Scarcity: Why Having Too Little Means So Much* by Sendhil Mullainathan

Soul

36. *From Third World to First: The Singapore Story—1965-2000* by Lee Kuan Yew
37. *Writing My Wrongs: Life, Death, and Redemption in an American Prison* by Shaka Senhoo, member of Oprah's SuperSoul 100
38. *My Years With General Motors* by Alfred P. Sloan, Jr.
39. *Supernormal: The Untold Story of Adversity and Resilience* by Meg Jay, PhD
40. *When Breath Becomes Air* by Paul Kalanith
41. *The Emperor of All Maladies: A Biography of Cancer* by Siddhartha Mukherjee
42. *The Better Angels of Our Nature: Why Violence Has Declined* by Steven Pinker
43. *Man's Search for Meaning* by Viktor Frankl
44. *Black Fortunes: The Story of the First Six African Americans Who Escaped Slavery and Became Millionaires* by Shomari Wills
45. *Enlightenment Now: The Case for Reason, Science, Humanism, and Progress* by Steven Pinker

Torso

46. *Influence: The Psychology of Persuasion* by Robert B. Cialdini, PhD
47. *Social Intelligence: The New Science of Human Relationships* by Daniel Goleman
48. *Manufacturing Consent: The Political Economy of the Mass Media* by Edward S. Herman and Noam Chomsky
49. *Skin in the Game: Hidden Asymmetries in Daily Life* by Nassim Nicholas Taleb
50. *The Moral Animal: Why We Are, the Way We Are: The New Science of Evolutionary Psychology* by Robert Wright

The total cost of this full collection is just north of \$600. So there ya go: all the knowledge in the universe for the price of an iPhone. Enjoy!

Bored with the Gym? Get Creative!

You know you need to work your body to stay strong, but treadmills and free weights can get monotonous, and some people may find them too strenuous or painful to work out regularly. Here's our list of our favorite ways to exercise that masquerade as laid-back fun. After all, the best workout is one that doesn't feel like "work" at all!



Furry Fun

If you don't get daily exercise walking your own dog, take a friend or family member's dog to the park. You may be surprised—looking after a pet for an afternoon is plenty of exercise! Organizations like PAWS for People and Faithful Friends may also have therapy dogs available to play with. Aside from the exercise, you'll reap the proven benefits of spending time with animals that include boosted mood and lower stress levels.

Water Aerobics

The advantage of working out in water is that you won't put excessive stress on your joints. In fact, water aerobics can actually relieve arthritis and joint pain while increasing bone density and muscle mass. Try aqua jogging, flutter kicks, standing push-ups against the wall, and even dancing!

Balloon Volleyball

Balloon volleyball is a silly alternative to regular volleyball that removes the chance of injury and joint pain associated with hitting a traditional firm volleyball on a court. All you need is an inflated balloon and a few friends, then let the laughs begin as you attempt to prevent the balloon from hitting the ground. Whether seated or standing in a circle, start by batting one balloon back and forth at each other, then

continue to add more balloons. See how many balloons you can keep going at once!

Host a Walking Contest

A little friendly competition is always fun! Host a walking contest among your friends or community. Simply carry a pedometer to track progress and set goals such as "add 500 steps a day" or "walk 2 miles." Winners might get prizes and trophies for "Most Steps Walked" or "Most Improved." Check out Delaware Senior Olympics' Senior Group Challenge or Walk Delaware at www.delawareseniorolympics.org to find more people to join.

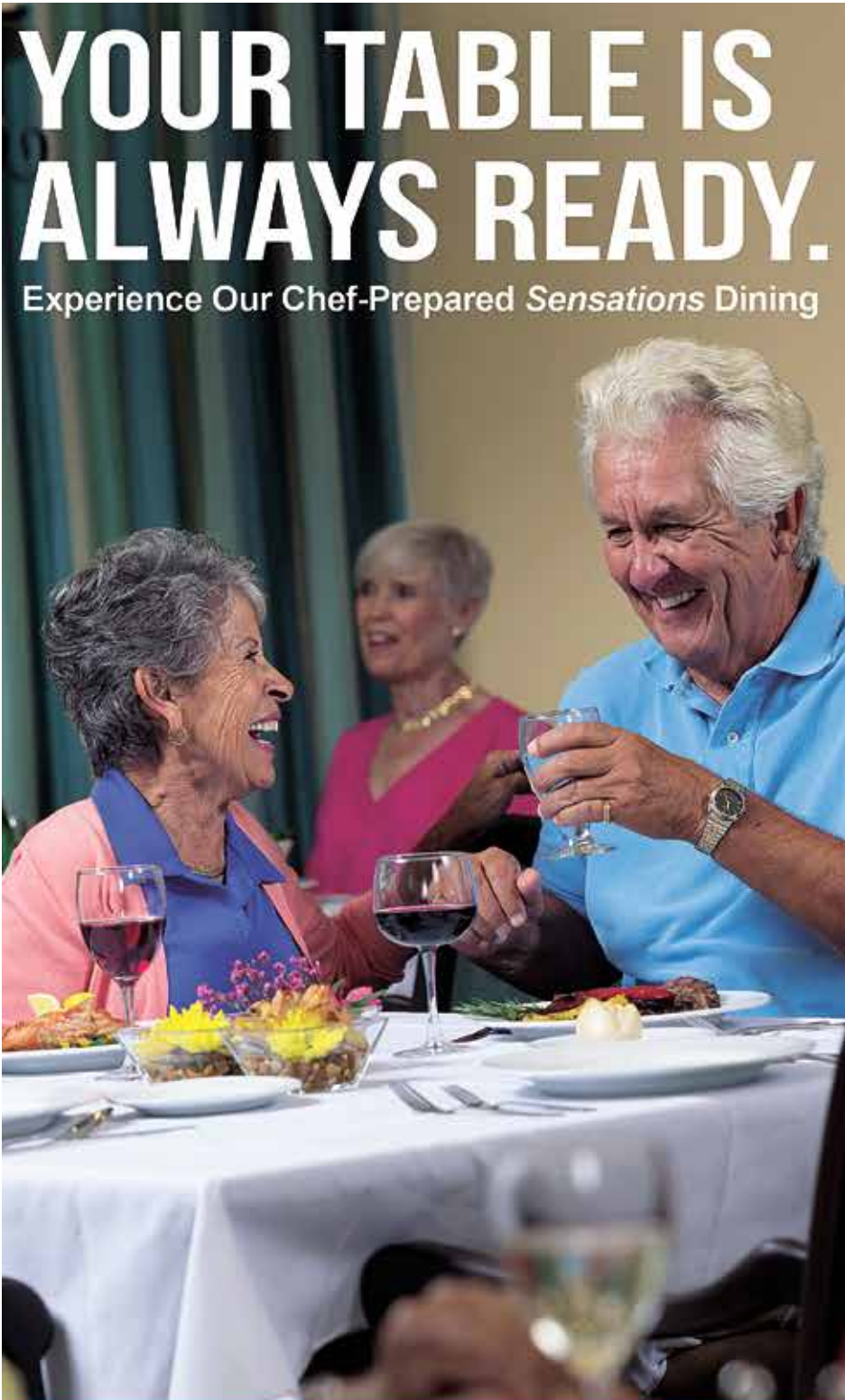
Gardening

Planting, weeding and general gardening (not just standing there watering) is considered moderate cardio and can burn 200-600 calories per hour. Stretching, pushing, pulling and lifting incorporate multiple muscles at one time and improve the quality of your overall fitness level. You'll also release endorphins that help manifest a more positive outlook on life—and that good feeling will stay with you long after the gardening is done.

Join a Class

Stay active and meet new friends! Whether yoga, martial arts, aerobics, boot camp or a team, there are options for everyone. It's easy to stay motivated when you're with other people having a blast!

At The Summit we consider the mental and physical well-being of our residents our top priority. We have a full activities calendar with a wide variety of options for everyone. For more information, please call us at 302-635-9024 to speak with a Senior Lifestyle Counselor or visit www.theSummitretirement.com.



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DART – The Easy and Convenient Way to Visit Delaware Beaches

Summer! Time to plan a trip to visit Delaware's wonderful beaches. DART, Delaware's public transportation provider, can get you there.

DART's **305 Beach Connection** bus route operates through Labor Day on Saturdays, Sundays and holidays. Bus stops are located at the Wilmington Amtrak Station, Christiana Mall, Odessa Park & Ride in Middletown, Scarborough Road Park & Ride in Dover, the Lewes Park & Ride and Rehoboth Park & Ride. The bus is a comfortable motor coach that offers 45 seats (including accessibility for 2 wheelchairs), free Wi-Fi and under-coach storage. One-way cash fare is \$10 from Wilmington, \$8 from Middletown and \$6 from Dover. For those age 65 and over or

who have a certified disability, fares are reduced to \$4 from Wilmington, \$3.20 from Middletown and \$2.40 from Dover. DART also offers a 3-Zone Anywhere Pass for \$12.60, which can also be used on all DART routes at the beach.

Once you arrive, hop on the local **Beach Bus**. Service runs daily from approximately 7 a.m. – 2 a.m., with more frequency than ever before! The Beach Bus service operates until September 9, with connections to Lewes, Tanger Outlets, Rehoboth Beach and Boardwalk, Dewey Beach, Indian River Campground, Bethany Beach, Fenwick Island, Ocean City, MD, Long Neck, Pot-Nets, Millsboro and Georgetown. All buses are equipped with wheelchair lifts, bike racks and are air conditioned for your comfort.

If you decide to drive yourself, DART helps reduce the hassles of parking at two Park & Rides. Park for free at the Lewes Park & Ride, near Five Points south of DE Route 9; you just pay bus fare. Rehoboth's Park & Ride is on Shuttle Road, just off of DE Route 1, north of Rehoboth Avenue. Parking is \$10 per day and up to 4 occupants of

the vehicle receive a free Daily Pass valid on all Beach Bus routes.

Download the DelDOT app for DART's real-time bus information. Select any bus stop for bus arrival times and live updates. You can ride more, save more and do more with DART. For more information on the 305 Beach Connection, Local Beach Bus or other DART services, visit DartFirstState.com or call 1-800-652-DART.

WEPT	TIARA	NOVA
ABLE	IDLER	ICES
IRON	PLEASANTRY	
LOYALTY	RELEASE	
CEO	ISLET	
ENGINEERING		
DOLTS	GIVEN	HOT
GREY	BEFIT	TIRE
EME	ATTESTATION	REFER
WADER	ETC	
ANEMONE	BEEHIVE	
DIMINUTION	IDES	
EMIT	TACOS	LEIS
SETS	STYMY	YALE

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6	5	1	9	3	2	7	8	4
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9	2	4	8	7	5	6	1	3

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County Executive Matthew Meyer

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DartFirstState.com / 1-800-652-DART

By Dave Fisher

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63					64						65			

Answers on page 13

1. Cried
5. Crown
10. Exploded star
14. Skilled
15. Lazybones
16. Frosts
17. Press
18. An amusing remark
20. Allegiance
22. Set free
23. Chief Executive Officer
24. A small island
25. The science of design
32. Knuckleheads
33. Donated
34. Not cold
37. Midway between white and black
38. Suit
39. Rubber wheel
40. An uncle
41. Corridor
42. Cite
43. Testimony
45. Flamingo or heron
49. And so forth
50. Windflower
53. Apiary
57. Reduction
59. Midmonth date
60. Send forth
61. Anagram of "Coast"
62. Wreaths
63. Collections
64. Hinder
65. Harvard rival
4. Persistent determination
5. Walk quietly
6. Lazily
7. Beer
8. Back
9. Backside
10. 9 9 9 9
11. In base 8
12. Line of a poem
13. Heretofore (2 words)
19. Level 21. Focusing glass
25. Border
26. Standard
27. Delight
28. Excrete
29. A shoulder firearm
30. Wall climbers
31. Mesh
34. High fidelity
35. Chocolate cookie
36. Small slender gull
38. Smidgen
39. In an ill-natured manner
41. Moses' brother
42. Be worthy of
44. Very small
45. Walks through water
46. Japanese cartoon art
47. To yield or submit
48. Gives forth
51. Cashews and almonds
52. French for "State"
53. Thunder
54. Bright thought
55. Head covering

1. Cry out
2. River of Spain

This summer slow cooker meal is perfect when it's just too hot to turn on the oven. Set it and forget it!

Make it a light, yet hearty meal by piling this flavorful chicken into your lettuce wraps, then top with your favorite add-ons. You can even add this chicken to your favorite greens for a delicious, protein packed salad any night of the week.

Prep time: 10 minutes
Cook time: 3 hours
Serves 4

- 1½ pounds boneless, skinless chicken
- ½ cup diced canned tomatoes
- 1 cup chicken broth
- 1 bell pepper, diced
- 1 onion, diced
- 2 garlic cloves, minced
- 1 jalapeno, minced
- Juice of 1 lime
- ½ cup cilantro, chopped
- ½ teaspoon ground ginger
- 1 Tablespoon cumin
- 1 teaspoon fine sea salt
- ½ teaspoon black pepper
- ¼ teaspoon allspice
- 1 Tablespoon paprika
- ½ teaspoon coconut sugar



- 3 mangos, diced
- 1/3 cup diced red onion
- 1/3 cup chopped fresh cilantro
- Juice of 1/2 lime

- Head of butter lettuce or lettuce leaves of choice
- 1 avocado, sliced
- Any other add-ins you'd like

1. Place all of the pulled chicken ingredients into the insert of your slow cooker. Mix to combine flavors, then put on high for 3 hours.
2. While it's cooking, prepare the mango salsa: In a bowl toss together all ingredients and set aside in the refrigerator until ready to use.
3. When the chicken is done, shred with two forks and mix into the sauce. Let sit for 10 minutes, covered.
4. Assemble lettuce wraps, top with mango salsa and other desired toppings, like avocado and tomato, and serve.

- The juice from the chicken is delicious but makes the lettuce wraps a tad messy if you don't slightly strain when assembling.
- Pulled chicken nutrition info per serving: 232 calories, 6 grams of carbohydrates, and 37 grams of protein
- Lettuce wrap nutrition info per serving: 264 calories, 17 grams of carbohydrates, and 114 grams of protein

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

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			8	7		6		3

(courtesy of KrazyDad.com)

Before he became an icon, Bob Marley lived with his mother in Wilmington working as a lab assistant at DuPont and on the line at the Chrysler plant. Today, his legacy is celebrated every year at the annual Peoples' Festival 4 Peace Tribute to Bob Marley, where artists jam and attendees wander between the Drum Circle, Children's Village and International Food Court.

Fun for the whole family! Pick your day to enjoy live entertainment, racing, carnival rides, and great food, but with all these concerts, competitions and attractions, you just might need the 5-day pass.

This summer marks the 56th season of the Rehoboth Beach Bandstand. Since 1963, we've been the premier, live concert venue in Rehoboth Beach. Showcasing acts that play everything from rock to country, from the 50's to today, there's something for everyone, and you're guaranteed to have a great time!

Reaching the end of a job interview, the Human Resources manager asks a young engineer fresh out of the Massachusetts Institute of Technology, “And what starting salary are you looking for?”

The engineer replies, "In the region of \$125,000 a year, depending on the benefits package."

The interviewer inquires, “Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?”

The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

A nice, calm and respectable lady goes into the pharmacy, walks up to the pharmacist, looks straight into his eyes, and says, "I would like to buy some cyanide."

The pharmacist asks, "Why in the world do you need cyanide?"

The lady replies, "I need it to poison my husband."

The pharmacist's eyes get big and he explains, "Lord have mercy! I can't give you cyanide to kill your husband, that's against the law. I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You **CANNOT** have any cyanide!"

The lady reaches into her purse and pulls out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looks at the picture and replies, "You didn't tell me you had a prescription."

Six guys are playing poker when Smith loses \$10,000 on a single hand, clutches his chest, and drops dead at the table. Showing respect for their fallen comrade, the other five complete their playing time standing up. Roberts looks around and asks, "Now, who is going to tell his wife?"

They draw straws. Rippington, who is always a loser, picks the short one. They tell him to be discreet, be gentle, don't make a bad situation any worse than it is. "Gentlemen! Discreet? Why, I'm the most discreet man you will ever meet. Discretion is my middle name, leave it to me."

Rippington walks over to the Smith house, knocks on the door, the wife answers, and asks what he wants. Rippington says, "Your husband just lost \$10,000 playing cards."

She hollers, "TELL HIM TO DROP DEAD!"

Rippington says, "I'll tell him."

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